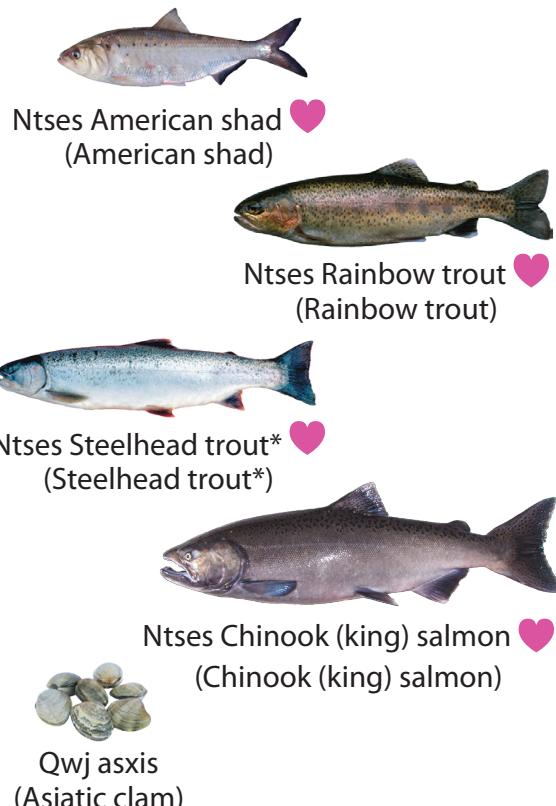
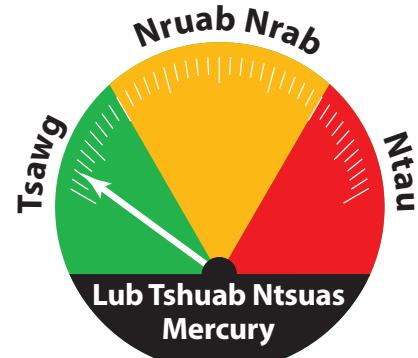


# Kev Qhia Noj Ntses uas Txhom los ntawm Tus Niam Dej Sacramento thiab Cov Dej Sab Qaum Teb

Suav nrog txhua tus dej sab qaum teb Delta ntawm Txoj Kev Loj 12

## Cov pojniam muaj hhub nyoog 18 - 45 thiab cov menyuan yaus hhub nyoog 1 - 17



♥ = Muaj cov Omega-3s Ntau

\* Qhov raug cai yog tsuas saib xyuas hom ntses hatchery steelhead thiab tsuas xaiv hom dej, saib hauv [www.wildlife.ca.gov/Regulations](http://www.wildlife.ca.gov/Regulations)

**2 zaug hauv ib lub asthiv  
LOSSIS**

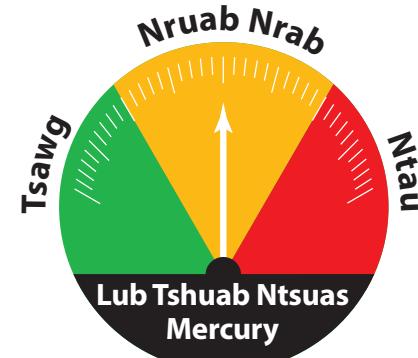
**7 zaus hauv ib lub asthiv  
ntawm cov qwj**

**LOSSIS**

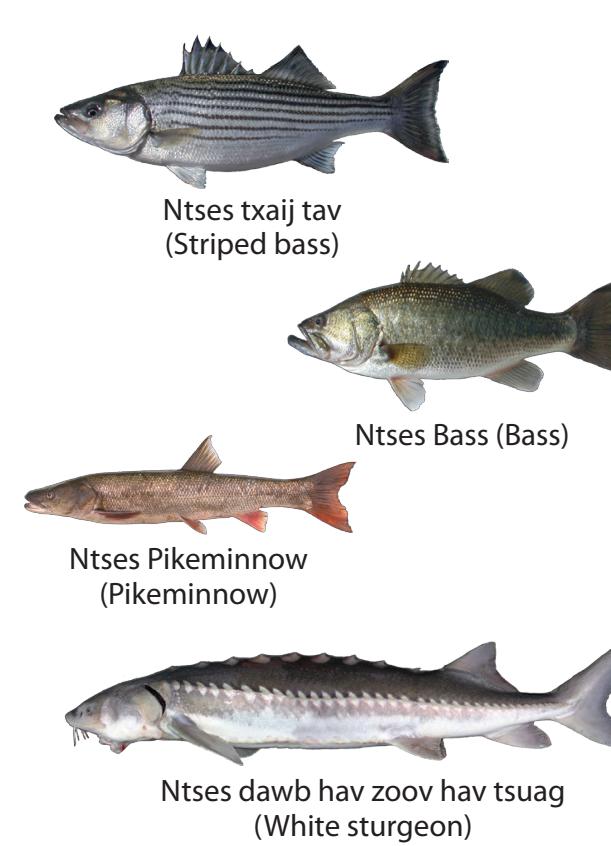
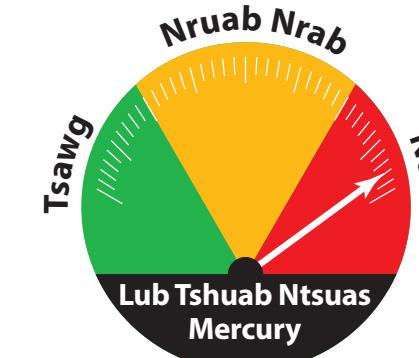
**noj 1 zaug hauv ib lub asthiv**

California Chav Lis Haujlwm Tshuaj Ntsuam Xyuas Huab Cua Ib Puag Ncig Uas Tsis Zoo Rau Kev Noj Qab Haus Huv

[www.oehha.ca.gov/fish.html](http://www.oehha.ca.gov/fish.html) • (916) 327-7319 lossis (510) 622-3170



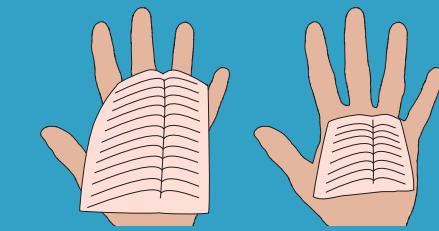
Daim duab hom ntses Rainbow trout: John Lyons, Wisconsin Lub Tsev Haujlwm Saib Xyuas Khoom  
Thiab Tsiaj Hav Zoot Hav Tsuag



Cov txivneej muaj hhub nyoog 17 thiab cov pojniam muaj hhub nyoog tshaj 45 yuav tsis muaj mob yog noj nqaij ntses ntaw

- 7 zaus hauv ib lub asthiv LOSSIS
- 3 zaus hauv ib lub asthiv LOSSIS
- 2 zaug hauv ib lub asthiv ntawm cov ntses txaij tav LOSSIS
- 1 zaug hauv ib lub asthiv ntawm hom ntses bass, hom ntses pikeminnow, hom ntses dawb hav zoov hav tsuag

## Yuav noj licas?



Rau Cov Neeg Laus      Rau Cov Menyuam Yaus

Qhov loj thiab tuaj ntawm cov nqaij ntses uas koj yuav noj yog luaj li koj txhais tes. Muab rau cov menyuan yaus noj kom tsawg dua ntawd.

## ♥ Vim licas thiaj noj ntses?

Noj ntses zoo rau koj li kev noj qab haus huv. Ntses muaj cov Omega-3s uas pab t xo kom txhob muaj mob plawv thiab pab ua txhawb kev loj hlob ntawm cov hlwb ntawm cov menyuan yaus thiab cov menyuan mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.

## Kev txhawj xeeb yog dabtsi?

Qee hom ntses muaj cov tshuaj kua hlau (mercury) thiab PCBs ntaw. Mercury tuaj yeem cuam tshuam rau cov hlwb tshwj xeeb mas cov menyuan yaus thiab cov menyuan mos tseem nyob hauv plab. PCBs tuaj yeem ua rau muaj mob khees xaws.